



**GET WILD WITH
MUSHROOM SOUP**
A GREAT OPTION FOR
COLD DAYS {page 31}

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NOMINEES ARE...
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HEATING UP** {page 17}



**ON TV?
ANISTON MULLS
REALITY SHOW
DISH** {page 29}



VANCOUVER

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Weekend, November 12-14, 2010
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News worth sharing.

Remembrance Day. Lest we forget



► A soldier walks past the cenotaph at Victory Square during Vancouver's annual Remembrance Day ceremony on Thursday.

KRISTEN THOMPSON/METRO

Paying tribute to the fallen

Ceremonies were held around the city — including at Jack Poole Plaza where the Olympic Cauldron was re-lit — to honour soldiers who have fought in wars throughout Canada's history. Story, page 2.

Complaints boost lane housing

- A third of suites built for extended family members, designer says
- 173 laneway permits approved
- Laneway suites allowed on 94 per cent of lots



**VANESSA
YEE**
VANCOUVER@METRONEWS.CA

Recent uproar about loss of privacy and the overbearing nature of the city's new laneway housing has actually brought more business, says a local designer.

Homeowners living near new laneway houses have expressed concerns over the size of the new units and the intrusiveness into their yards.

However, designer Bryn Davidson has found that this negative publicity has actually been positive for attracting prospective laneway builders.

"We've seen a big uptick in interest from homeowners ... and have signed up several new clients," said Davidson.

Much of the interest has come from areas such as the Dunbar and Point Grey locations, where the majority of complaints were received.

The very first laneway house Davidson built had more than 1,000 showings.

"There's just as many people who have complaints about (laneway houses) as there are people who are interested in them."

He said business has been very good because of the abundance of underutilized public spaces.

NPA Coun. Suzanne Anton, a supporter of laneway housing, said it is definitely a popular development. However, in a recent public meeting, Anton said that speakers were all in agreement that the buildings are "too big."

Anton added that "it would take the anxiety out" of the laneway houses if "(we) could go back to single-storey (buildings) ... but unfortunately (the one-storey program) did not go through."

Davidson said that among his current projects, he is working on a solar-powered laneway home.

Sports

Canucks thump Senators

► Vancouver returns to winning ways with 6-2 victory in Ottawa
► Kesler, Burrows, Daniel Sedin among scorers
{page 32}

Bear attack tale deemed false

Teen had claimed he was scratched by cub {page 4}

Fans flock to Dog Whisperer

Trainer hits Richmond {page 6}

1 news

Vancouver remembers

► Remembrance Day is observed at 11th hour on 11th day of 11th month to signify moment an armistice ended the First World War ► Canada's last known World War I vet, John Babcock, died in February at age 109



► Participants at Vancouver's Victory Square Remembrance Day ceremony bow their heads in prayer on Thursday.



KRISTEN THOMPSON
@METRONEWS.CA

Thousands of Vancouverites gathered around the Cenotaph at Victory Square on Thursday to honour the country's soldiers, past and present, during the city's annual Remembrance Day ceremony.

Members of the ceremony, including Premier Gordon Campbell, laid wreaths at the base of the cenotaph after the crowd observed two minutes of silence.

Veterans surrounded the

cenotaph during the two-hour ceremony, which included a 21-gun salute and a reading of Rudyard Kipling's poem, *Recessional*, by Christopher Gaze.

The Vancouver Bach Youth Choir sang *In Flanders Fields*, and Campbell paid a special tribute to British Columbians who died in Afghanistan this year, including Vancouver journalist Michelle Lang.

"Canada's young men and women have always answered the call for volunteers and willingly put themselves in harm's way

New tradition

JONATHAN HAYWARD/THE CANADIAN PRESS



► Mayor Gregor Robertson

to fight against oppression

launched what he said will likely become a new tradition: The lighting of the Olympic Cauldron.

► The flame was re-ignited at 8:20 a.m. to mark the 100th anniversary of the Canadian navy and the Seaforth Highlanders, and extinguished again at noon.

► Ceremonies were also held at the Japanese Monument in Stanley Park and at Chinatown Memorial Square.

and tyranny," he said.

Louis Vuitton expands Maison

The crusade against frumpy raingear continues as Louis Vuitton prepares to open its largest store in Canada on Georgia Street downtown.

The Maison, to open early December in the Hotel Vancouver, will extend the luxury brand's pre-existing shop to 10,000 square feet over two levels. It will feature original Canadian artwork, as well as all the brand's product categories.

► STEPHANIE ORFORD

LOUISVUITTON.COM



► A Louis Vuitton bag

Trains and tweets halt for Nov. 11

SkyTrains and buses came to a stop for two minutes Thursday as TransLink halted operations in honour of Remembrance Day.

"It's a great way to remind (riders) to pause and ... honour those who served," said spokesperson Drew Snider.

The moment of silence was also recognized online while many Twitter and Facebook users paused their tweets and updates at 11 a.m. to observe the silence. ► VANESSA YEE



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Proposed HST ballot omits refund question

► Despite omission, Fight HST members not concerned

The refund issue has disappeared from a proposed question set to appear on HST ballots in September 2011, HST critics say.

Former Socred premier Bill Vander Zalm's group, Fight HST, got more than 700,000 people to sign a petition to ditch the tax.

But Bill Tieleman, strategist for the group, said the petition also demanded the government refund what taxpayers have spent on the HST since it was introduced on July 1.

Despite this sticking point, both HST proponents and critics are mostly satisfied with the ballot question, which was released Thursday.

"We're happy that (the ballot question is) clear and



► Bill Tieleman, left, and Bill Vander Zalm

straightforward," said Tieleman.

A representative of Finance Minister Colin Hansen, who brought in the controversial tax last summer, said the government also supports the ballot wording.

Despite the perceived omission, members of

Fight HST are not immediately concerned.

"We're not going crazy about it at this point, and we've heard that Craig James has said it's something the government would have to deal with if the initiative voted passed," Tieleman said.

● STEPHANIE ORFORD

Teen spends nine days with dead mother's body

A 15-year-old Chilliwack girl with Down syndrome was starving and dehydrated when a neighbour found her in a mobile home with her mother, who had been dead nine days.

The girl, who tried to feed her mother pills when she wouldn't wake up, is in the care of the government and an autopsy has yet to determine her mother's cause of death.

The Ministry of Children and Families is investigating whether the girl should have been left in her mother's care.

● KRISTEN THOMPSON



For more news, visit metronews.ca/vancouver



BEAR ATTACK STORY FALSE, SAYS OFFICER

Conservation officials say a story about a Vancouver Island teenager who survived a bear attack was just that — a story.

A 13-year-old boy in Port Alberni told police he was out jogging Wednesday afternoon when he encountered a bear cub, which he said grabbed him with its paws and scratched him before running away.

On Thursday, a local conservation officer said the story was made up. "The police told us it was a false complaint,"

said Sgt. Ben York. Four conservation officers, a police officer, two volunteers and three search dogs spent most of Wednesday night out looking for the bear in the cold rain, said York.

York said the story about the attack had the community on edge.

"I don't want people to think we've got a dangerous bear roaming around," he said. "He scared the community."

York said he doesn't know yet how much the search has cost.

THE CANADIAN PRESS

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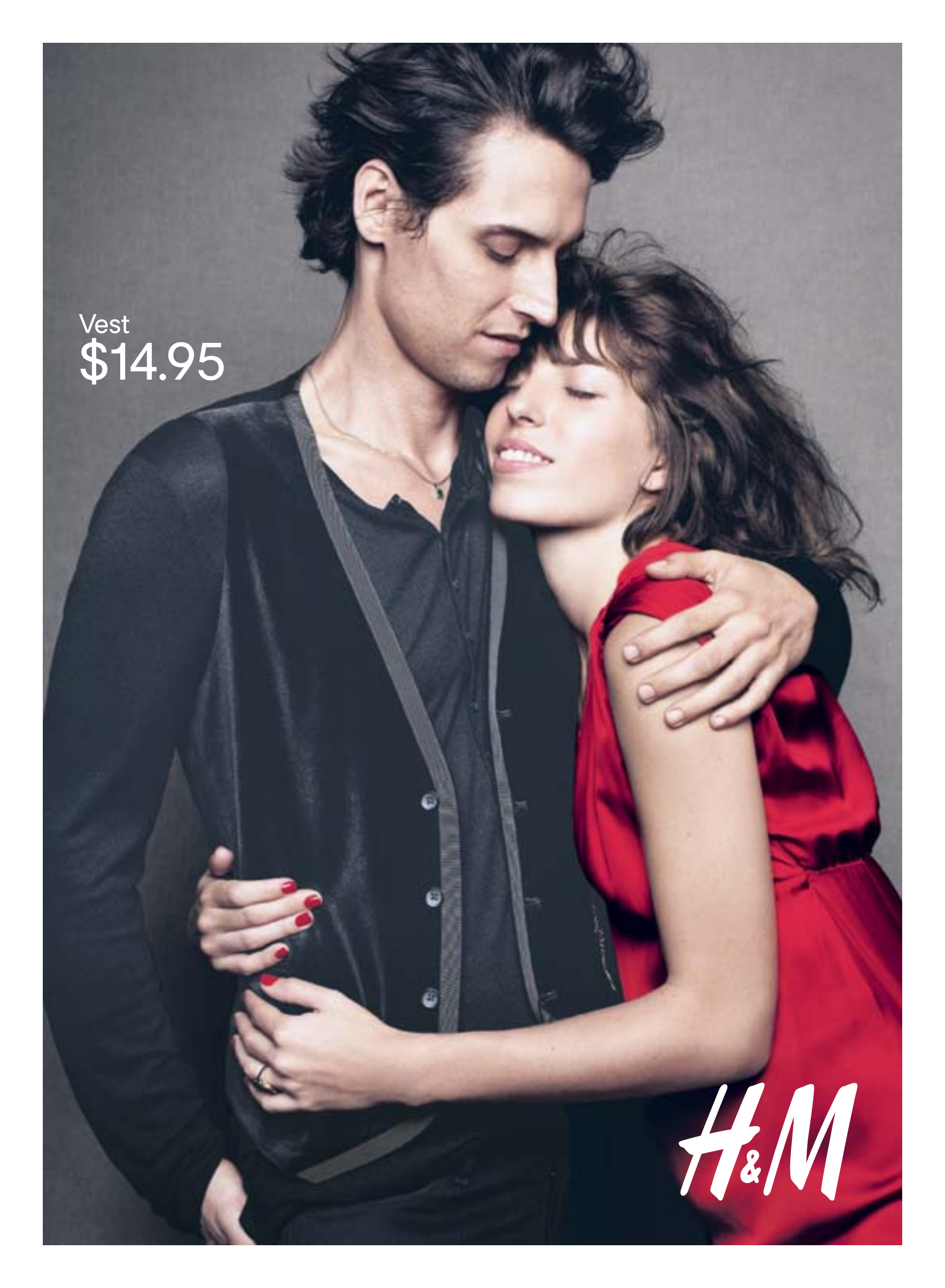


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FATAL SHOOTING

Man killed in shooting was known to police

Police have confirmed that a man who was shot to death only feet away from his three-year-old son is known to authorities.

Investigators originally said Nelson Ramirez Guerrero, 33, was

unknown to them.

They have now confirmed that he was known for his involvement in the drug trade.

He was also previously jailed for "fraud-related offences," police said.

Police are now looking into whether the shooting was related to drugs or organized crime.

Guerrero was fatally shot Monday night while inside his car on Cornwall Street in New Westminster.

● VANESSA YEE

Man beaten, robbed, left injured

A 79-year-old man was attacked and robbed in East Vancouver.

The victim was unresponsive when found by bystanders and was taken to hospital on Tuesday with a fractured elbow and facial injuries. Police are investigating.

● MAE KAKIZAKI

One killed in Victoria stabbing

One man is dead and another in custody after a stabbing at a motel in Victoria.

The assault happened at the Traveller's Inn — which the city bought to provide shelter to homeless people — early Thursday morning.

● KRISTEN THOMPSON

Hundreds sit, stay for Dog Whisperer

SARAH N. FITZGERALD/FOR METRO



► Fan Robyn Baldrey meets with Cesar Millan after he drew her name for a \$250 Bosley's Pet Supply store gift card.

► Two-legged, four-legged fans line up for celebrity dog trainer's visit
► Millan headed to Saskatoon next



SARAH N. FITZGERALD
@METRONEWS.CA

Big and small, they waited in line for hours bundled up in blankets, booties, sweaters, blue bandannas and fur coats, baring themselves to the cold, wet and wind. And that was just the dogs.

Hundreds of excited dog-lovers — and their four-legged companions — formed a lineup around Terra Nova Square in Richmond Thursday morning as they waited for the Dog Whisperer, Cesar Millan, to arrive at Bosley's Pet Supply as part of his Live 2010 Canada Tour.

"We wanted to be first

in line to see Cesar," said Catherine Richter, who began waiting at 6:30 a.m. "I'm a dog trainer myself, so he's my idol. It's amazing what he can do for dogs."

Millan arrived in style: standing up through a sunroof and waving to his fans, who greeted him with screams and barks of admiration.

Millan's cross-country tour has been exciting Canadian fans and their furry friends everywhere, said tour manager, Susan Whalen.

So far "the tour's been fantastic. Every show is just better and better. (Our West Coast fans are) warm, wonderful people."

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Attempted murder charge possible after attack on Mountie

► Officer sent to hospital ► Required more than 20 stitches for wound

The RCMP say a 61-year-old Vancouver man is in custody and could face a charge of attempted murder after a scuffle that left a rookie officer with knife wounds.

The Mounties say in a

news release that an officer in his 20s who has been on the force for six months was attacked on Wednesday while responding to a call of a suspicious vehicle.

The release says as the officer approached a vehicle

parked on the side of the road, a man inside the car got out and lunged at him with a knife.

The officer sustained a "serious gash" to his arm, and then stunned the man with a Taser and placed him

in handcuffs.

Both were taken to hospital by ambulance.

The suspect is still in custody and police are recommending a charge of attempted murder.

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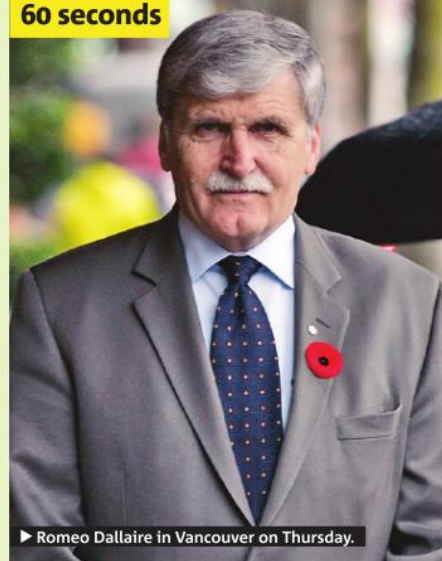
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► Romeo Dallaire in Vancouver on Thursday.

DALLAIRE'S NEW FIGHT "IF YOUTH COALESCED BEHIND ONE (CAUSE) THEY COULD CHANGE THE FACE OF POLITICS IN ONE ELECTION"

Senator Romeo Dallaire was in Vancouver on Remembrance Day to talk about his new book, *They Fight Like Soldiers, They Die Like Children*. The former lieutenant-general sat down with Metro to discuss his fight to end the use of child soldiers.

What do you hope to accomplish as a Senator?
It's another way to serve, but also as a way to get inside the system. What I'm working on now is introducing legislation to implement the convention we signed on child rights.

How can Canadian politicians effect change in countries with child soldiers?

The plan is to eradicate their use. That means creating a will to intervene behind all the legal structures that have been established to prosecute these people, stop the impunity ... and stabilize these nations.

Why did you create zeroforce.org?

I want to mobilize kids into ZeroForce — this campaign to create battalions of youth to (go to) the countries that are poor and suffering from post-conflict, and bring them education and support. I'm asking them to try and protect their peers (abroad) from being abused. The

aim is to get (Canadian youth) engaged. We want them mobilized to change public opinion, to get the NGOs engaged, to intervene and change policies.

What do you hope people take away from the book?
I wanted to humanize the reality that not only are (child soldiers) real but the peacekeepers, and ... they face this incredible ethical and moral dilemma of having to use force against children. It's not a social problem, it's an operational consideration in which children have been dragged into being instruments of war. It's a sin and it's a crime against humanity.

You came face-to-face with the reality of child soldiers in Rwanda. Does Remembrance Day bring those memories flooding back?

I have a lot of faces that come to life (on Remembrance Day), those who served with me, those who have been casualties. Because of that I have not gone to any ceremonies. I don't want to do that in public. I stay home and watch it on TV and there I can feel the way I should. It's still private and it's raw.

● KRISTEN THOMPSON

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Twitter twits feel full force of the law

- One allegedly called for a journalist to be stoned
- One fined for threatening to blow airport 'sky high'

Two cases in Britain are testing the limits of freedom of speech on the Internet.

A city councillor in England has been arrested after allegedly posting a message on Twitter calling for a journalist to be stoned to death.

Meanwhile, a court has upheld the conviction of a man who tweeted about blowing up his local airport.

Police said Birmingham city Coun. Gareth Compton was arrested on suspicion of sending an offensive or indecent message. He has not been charged and was released on bail.

Mad message

- Media reports say Birmingham city Coun. Gareth Compton posted on Twitter: "Can someone please stone Yasmin Alibhai-Brown to death? It would be a blessing, really."
- Alibhai-Brown is a liberal columnist for The Independent newspaper.

On Thursday, Compton tweeted an apology for his "ill-conceived attempt at humour."

Also Thursday, a court rejected an appeal by Paul Chambers, who was convicted of sending a threat-

ening message after saying on Twitter that he would blow up an airport if his flight was delayed.

Chambers, 26, was arrested after he posted a message saying he'd blow the airport "sky high" if his flight was delayed.

A judge found him guilty of sending an offensive, indecent, obscene or menacing message.

On Thursday, Judge Jacqueline Davies at Doncaster Crown Court upheld the conviction, saying Chambers' message was "obviously menacing." He was ordered to pay \$3,225 in prosecution costs, in addition to a \$620 fine.

THE ASSOCIATED PRESS

London. Armistice Day



CLIVE GEE/PA/THE ASSOCIATED PRESS

An insult to the fallen?

As millions of Britons paused at 11 a.m. Thursday to pay their respects to the members of the military who lost their lives in wars since 1914, protesters in London burned a model of a poppy and chanted: "British soldiers burn in hell."

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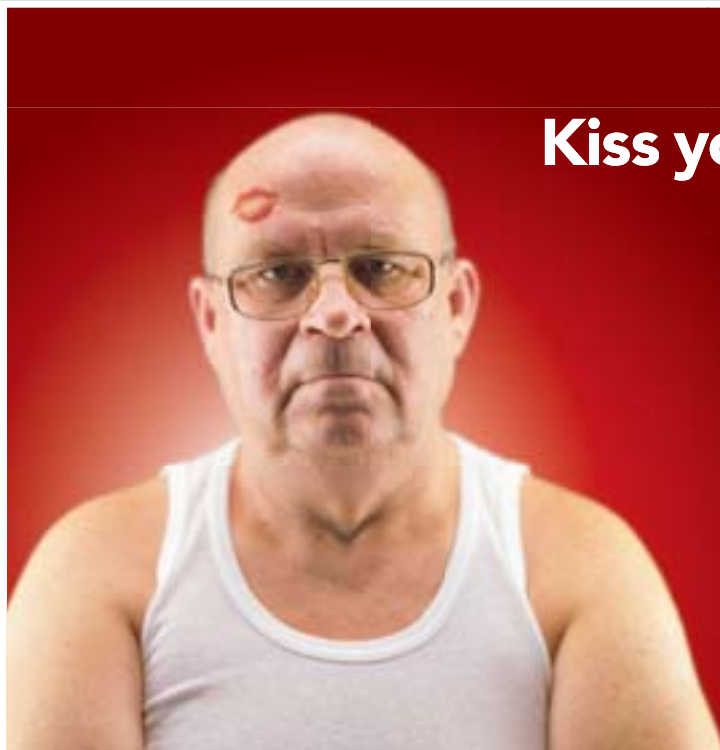
- Stephen Harper was to target countries that have engaged in protectionism, officials said.

Harper's reminder

Prime Minister Stephen Harper was preparing to take to the G20 podium on Friday to remind world

leaders that they promised to each do their part for a global economic recovery.

THE CANADIAN PRESS



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JAE C. HONG/THE ASSOCIATED PRESS



► Sabrina Klinge, a passenger who was on board the Carnival Splendor cruise ship, smiles as she leaves the cruise ship terminal in San Diego, Calif., Thursday.

Canucks land ashore

► Four days of rationed cold food, stinky toilets, dark cabins and dead cellphones ► The Carnival Splendor finally docks in San Diego harbour

Kathleen Ehlert has spent the last four days scouring the Internet, flipping between news channels and waiting by the phone, hoping for any word on her family stranded aboard a

disabled cruise ship.

On Thursday, she finally heard from them. It was a short, crackly call from her mother.

"She was yelling and saying, 'We're fine, we're

here,'" said the 29-year-old

Ehlert, who lives in Calgary.

"She was on the verge of tears, saying, 'This hasn't been fun.'"

Her family members were among the nearly

4,500 people, including nearly 200 Canadians, who were on board the Carnival Splendor when it lost power Monday following a fire in the engine room.

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Myanmar's pro-junta party wins majority

Myanmar's pro-junta political party secured a majority of seats in both houses of parliament, the latest official results from the country's first election in 20 years showed.

The partial batch of results released Thursday confirm the victory of the Union Solidarity and Development Party in Sunday's vote, which critics say was marked by fraud and engineered to sustain the military's power.

The latest results were announced the same day democracy icon Aung San Suu Kyi lost an appeal for early release from house arrest.

The sentence is due to expire Saturday, and close aides remain optimistic she will be freed.

The junta has not confirmed the 65-year-old Nobel Peace Prize winner will be set free, but government officials have quietly said they are making "necessary security preparations" for this weekend. THE ASSOCIATED PRESS

Sri Lanka. Awash



► Sri Lankans struggle to cross a submerged road in Colombo, Sri Lanka, Thursday.

CHAMILA KARUNARATHNE/THE ASSOCIATED PRESS

Sri Lankan capital floods after rainfall

According to news reports, several parts of Colombo were submerged in flood water due to heavy rain fall that started Wednesday night.

Nobel Prize winners gather in Hiroshima

The Dalai Lama and other Nobel Peace laureates from the last four decades gathered Friday in Hiroshima, Japan, to support the end of nuclear weapons at a hotel a few kilometres from ground zero of the world's first atomic bomb attack.

The award winners also were focused on the plight of those who couldn't attend the annual World Summit of Nobel Peace Laureates — including this year's winner, jailed Chinese dissident Liu Xiaobo, and Aung San Suu Kyi,

Myanmar's detained pro-democracy activist who won in 1991.

"Now here, Liu Xiaobao, you see, failed to come here. It is very sad," the Dalai Lama, the Tibetan spiritual leader who won in 1989, said.

The annual meeting brings past award recipients together to call attention to their achievements and work, as well as push the prize's overall message of human rights and nonviolence.

At the opening ceremony Friday morning, laureates were given necklaces made of paper cranes — symbols of peace in Japan — by local schoolchildren.

The three-day meeting is being held outside of Europe for the first time.

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Other people's money**DESCÔTEAUX****IN SPIRIT OF COMPETITION**

Every Christmas season, my girlfriend and I hit the snowy road. Destination: The Hawkesbury LCBO, where I always leave the store with two cases of red wine.

Hundreds of Quebecers make similar pilgrimages every year to Ontario. Why? Most bottles are cheaper there than in Quebec. (Like the SAQ, the LCBO is a state monopoly. Just less rapacious.)

But I shouldn't have to go to Hawkesbury. Consumers in Quebec, and elsewhere in Canada, could find cheaper wines at home ... if we could just break the liquor boards' monopolies across the country.

In Quebec, defenders of the status quo keep repeating that the SAQ is a "cash cow" for the state. But this generous yearly dividend comes from our wallets. We, captive consumers, pay a premium for our bottles of Merlot and Cabernet Sauvignon. The only reason the SAQ makes an abnormally high profit is because it's a monopoly. Without competitors, it can bleed consumers. The SAQ takes a margin of 40 per cent to 135 per cent on each bottle it sells. It pays \$5 to a producer, takes a \$7 cut and sells the bottle for \$15 (including taxes). Yes, the SAQ is a cash cow for politicians. But it's us, the consumers, who are

being milked!

Should we privatize the SAQ? Not necessarily. A private monopoly would be no better than a public one. What we need is more competition. We need to allow entrepreneurs to open wine shops and compete with the SAQ. We also need to allow people to buy bottles from around the world over the Internet, without having to go through the SAQ. For example: You like the Jacob's Creek Shiraz 2007? A store in New Jersey is selling it for \$6.53. On the SAQ's shelves, the same bottle will set you back \$14.90. This wine can be bought on the Internet and delivered to your door in less than two weeks.

The problem is not the SAQ itself, or the LCBO. The problem is the prohibition of competition.

Quebecers and other Canadians like wine. Many are connoisseurs, and eager to try new varieties and vineyards. They deserve better than a state monopoly that is clearly corked.

David Descôteaux is a freelance economic journalist and an associate researcher at the Montreal Economic Institute.

Market moment

TSX	Dollar	Oil	Natural gas per mm btu
- 7.90 (12,934.74)	Did not trade (100.00¢ US)	Unchanged (\$87.81 US)	\$3.927 (-11.9¢) Gold contracts \$1,403.30 (+ \$4.00)

Tims scales back in U.S.

► But CEO says coffee chain to stay in U.S. ► More than 600 U.S. stores

Tim Hortons says the money-losing New England stores it has slated for closure have cost the chain \$4.4 million so far this year and that a retreat from the fledgling market will improve its U.S. profits.

The Oakville-based company announced late Wednesday that it plans to close the doors at 36 coffee and doughnut shops and 18 self-service kiosks in the northeastern United States, a move that will cost the company \$50 million.

Tims closed some locations in New England in 2008 and has tried to boost sales in the remaining locations. However,

performance has fallen short of the expectations Tims had when it acquired a small chain of coffee shops as a platform for growth, said Tim Hortons president and CEO Don Schroeder.

The iconic Canadian restaurant operator has been making inroads into the American market, but says the closures are necessary because the stores are situated in some of the most intensely competitive markets for quick-service restaurants.

The closures were largely responsible for the company's third-quarter profit missing analysts' expectations.

THE ASSOCIATED PRESS

Gaming. Sales

► Video game fans get copies of the highly anticipated game Call of Duty: Black Ops at a GameStop Corp. store in North Las Vegas.

ETHAN MILLER/GETTY IMAGES

Gamers go wild

The video game Call of Duty: Black Ops shattered entertainment records this week when it raked in \$360 million US in its first 24 hours on sale, once again proving that video games have cemented their place as mainstream entertainment.

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Outrage prompts book ban

► The Pedophile's Guide to Love and Pleasure was previously available on Amazon website

Amazon is no longer selling a self-published guide for pedophiles.

It wasn't immediately clear whether Amazon had pulled the item, or whether the author withdrew it. Amazon did not immediately return messages Thursday.

The book, The Pedophile's Guide to Love and Pleasure: a Child-lover's Code of Conduct, offers advice to pedophiles on how to make a sexual encounter with a child as safe as possible. It includes first-person descriptions of such encounters, purportedly written from a child's point of view.

THE ASSOCIATED PRESS

History

This isn't the first time Amazon has sold material that promotes illegal activity. It is currently accepting pre-orders for the hardcover version of I Am the Market: How to Smuggle Cocaine by the Ton, in Five Easy Lessons by Luca Rastello.

► **Suit threat** In 2002, the United States Justice Foundation, a conservative group, threatened to sue Amazon for selling Understanding Loved Boys and Boylovers. That title is still available through Amazon.

U.S. Housing



► An auction signs sits in front of a foreclosed home in Valrico, Fla.

CHRIS O'MEARA/THE ASSOCIATED PRESS

Home repo rate falls

The number of U.S. homes repossessed by lenders last month fell by the sharpest margin this year, as several major lenders temporarily halted most or all of their foreclosures amid allegations thousands of foreclosures were handled improperly.

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► Cesar Millan

5 MINUTES WITH: CESAR MILLAN

For the second time in as many weeks, dog whisperer Cesar Millan was visiting the West Coast during his Live 2010 Canada Tour. Metro caught up with Millan at Bosley's pet supply store in Richmond and picked his brain for advice for people and their favourite canines.

What's the best sort of rainy-day doggy exercise tips you have for city dwellers?

Challenge the (dog's) nose at home. Hide (their) things in boxes, under ledges or layers of clothes, be creative. A lot of times people challenge the body, but they don't challenge the mind. The nose controls 60

per cent of brain reaction, so ... (by challenging the nose, you're more likely to wear out the dog).

What is the most common mistake people make with their dogs?

One of the most common (mistakes) is to make the dog responsible. Dogs don't rationalize, there's no knowledge behind instinct, it's all reaction. (Another mistake) is humanizing the dog: They talk to the dog like it's a human being. That is good therapy for humans, but not really good for the dog. You must honour the identity of the dog. A horse is a horse, a dolphin is a

dolphin, but a dog becomes human: That's a big mistake.

What's the best advice you can give people who are bringing a second dog into the pack?

You have to bring (positive) energy into the house. When you give affection to one pack member, everyone gets it. Dogs live in a very harmonious time: If one is happy, everyone is happy; if one is sad, everyone is sad. It's all about the pack; it's not about individuals. So, if you think "individual," you're going to create jealousy, you're going to create separation. But if you think "pack" ...

everyone gets to benefit. **Is there such thing as a bad dog breed, or just bad owners?**

There's no such thing as a bad dog; they don't plan things like human beings. Dogs react based on a certain situation. It's not the breed, it's the human behind the breed. All dogs can become great pack members, as can all humans.

Any plans for a Canadian show?

Yah, absolutely! We're talking with some corporations (about sponsoring). I just want to be up in Canada!

● SARAH N. FITZGERALD

Cartoon

MICHAEL DE ADDER



Worth mentioning

Grumpy the clown won the election in a laughter. Now he has to prove that he can read and write.

The Sao Paulo Electoral Court held a closed-door exam for the clown turned congressman-elect Thursday to determine if he meets a constitutional mandate that federal lawmakers be literate.

Francisco Silva became famous as Tiririca — "Grumpy" in Portuguese — and received about 1.3 million votes, nearly twice as many as the next-highest vote-getter in last month's congressional elections. His campaign videos drew millions of viewers on the Internet,

Grumpy smiles



with slogans such as "It can't get any worse" and "What does a federal deputy do? Truly, I don't know. But vote for me and you'll find out."

But a less humorous element emerged during the campaign: Allegations that Silva, like 10 per cent of Brazilians, is illiterate. Judge Aloisio Silveira ordered that Silva must

demonstrate he can read and write.

Following Thursday's test, the president of the electoral court, Judge Walter de Almeida Guilherme, told reporters that Silva "read and wrote" during the exam, but did not offer more details. A final ruling is not expected before Friday.

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Should Canada extend the Afghan mission?

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Metro Minute at Zero Emissions Race

A team of three custom-built electric vehicles left Geneva Aug. 16, and now is coming to Vancouver.

The sleek, colourful cavalcade just rolled off a boat from Shanghai, and will be in the public plaza at the Olympic Village Friday between 9 and 11 a.m.

The cars are travelling around the world in the Zero Emissions Race, billed as the world's

longest green event.

The Swiss team is currently leading in the race's criteria of reliability, design and energy efficiency.

Ogle the specially designed cars and meet the teams before they take off again on their way to Cancun for the World Climate Change Conference in December.

● STEPHANIE ORFORD

Three days to play

DO YOU THINK AIRCARE SHOULD BE EXTENDED BEYOND 2020?



Marie Joyce

VANCOUVER

Yes, absolutely. One of the reasons (my husband and I) got a diesel was to benefit the environment. We should all try to do something for the environment.



Aron Ng

VANCOUVER

I think it's a good thing to extend AirCare. It ensures that cars on the road have certain standards but the process of testing probably has to be modified.

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► The Social Network and the King's Speech are two early Oscar darlings ► Firth, Portman favoured to get the Best Acting nominations ► With 10 Best Picture nominees, the field has a wide variety of hopefuls, from blockbuster Harry Potter to Sundance fave Winter's Bone



► Colin Firth and Natalie Portman are getting Oscar buzz for their work in *The King's Speech* and *Black Swan*.

It's the start of Oscar season

Two dramas unfolding in a new world of global communications could emerge as front-runners at the Academy Awards.

Director David Fincher's *The Social Network* is set in modern times as the founders of the website Facebook battle over their creation. Tom Hooper's *The King's Speech* takes place in the 1920s and '30s as Queen Elizabeth II's dad struggles with his speech impediment at a time when the royal family is counted on to voice reassurance through the new medium of radio.

The Social Network has almost universal acclaim, a hip subject and impressive box-office results since it opened Oct. 1. *The King's Speech* does not open until late November, but it's an

old-fashioned awards contender; a classy period piece that has been an audience favourite at film festivals for its heart and humour.

Nominations come out Jan. 25, with the Oscars presented on Feb. 27.

Here's we look at some predictions for best picture and other top Oscar categories.

BEST PICTURE

Assuming *The King's Speech* and *The Social Network* make the cut, eight other films will compete for the remaining slots as the Oscars go with 10 best-picture nominees again. B Blockbusters such as animated comedy *Toy Story 3*, heist drama *The Town* and *Harry Potter and the Deathly Hallows: Part 1*, the next-to-last film in the fantasy

franchise, are contenders.

Smaller releases could slip in, including Ozark thriller and top Sundance winner *Winter's Bone*, the family comic drama *The Kids Are All Right*, 127 hours, and *Never Let Me Go*, a tragic tale set in an alternate reality.

Other contenders include *Hereafter*, *Another Year*, *Somewhere*, *Barney's Version*, *Black Swan*, *True Grit* and *How Do You Know*.

BEST ACTOR

Colin Firth earned his first Oscar nomination for last year's *A Single Man*, and some who have seen him as George VI in *The King's Speech* think Oscar voters should just hand him the best-actor prize.

There's plenty of glibness to be had among other

contenders, including Jesse Eisenberg's savagely biting Facebook founder in *The Social Network*; James Franco as a one-man force of nature, playing a climber trapped alone in a canyon in *127 Hours*; and Paul Giamatti in the life story of a crusty producer of schlock TV in *Barney's Version*.

Other possibilities are Ben Affleck for *The Town*; Javier Bardem, *Biutiful*; Jim Broadbent, *Another Year*; Matt Damon, *Hereafter*; Leonardo DiCaprio, *Inception*; Stephen Dorff, *Somewhere*; Robert Duvall, *Get Low*; Aaron Eckhart, *Rabbit Hole*; Ryan Gosling, *Blue Valentine*; and Sean Penn, *Fair Game*.

BEST ACTRESS

Natalie Portman is an unholy terror in *Black Swan*. A past supporting-ac-

tress nominee for *Closer*, Portman gives herself completely to her role as a goody two-shoes ballerina whose menacing dark side emerges as she prepares for her dream role in *Swan Lake*.

Annette Bening dominates *The Kids Are All Right* as the acerbic authoritarian in a family of lesbian parents.

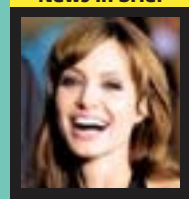
Other possibilities are Anne Hathaway, *Love & Other Drugs*; Sally Hawkins, *Made in Dagenham*; Nicole Kidman, *Rabbit Hole*; Diane Lane, *Secretariat*; Jennifer Lawrence, *Winter's Bone*; Helen Mirren, *The Tempest*; Carey Mulligan, *Never Let Me Go*; Naomi Watts, *Fair Game*; Michelle Williams, *Blue Valentine*.

THE ASSOCIATED PRESS

2

scene

News in brief



Angelina Jolie says her 6-year-old son Pax is a better cook than she is. The actress opens up about her home life, including Pax's culinary skills, in the December issue of *Vogue* magazine.

In the article, readers get a glimpse inside the Jolie-Pitt household with their six kids, bulldog named Jacques and nannies who speak Vietnamese to Pax and Cambodian to Maddox. The December issue of *Vogue* hits newsstands nationwide on Nov. 23.

THE ASSOCIATED PRESS



Dino De Laurentiis, Award-winning producer of *Serpico* and pivotal *New Wave* figure, dies

**"A RAUCOUS RIDE...
A RECIPE FOR NUTSO FUN."**
Peter Travers, ROLLING STONE

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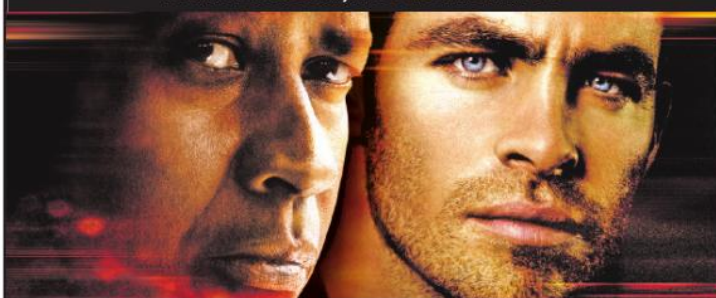
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David Blaustein, ABC NEWS RADIO



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Todd McCarthy, THE HOLLYWOOD REPORTER

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metroscene

Ralston says he is proud of 127 Hours

► Metro speaks with the real-life star of the movie



PHIL BROWN
SCENE@METRONWS.CA

Following a successful film festival run, 127 Hours opens next Friday and is sure to be one of the most praised and discussed films of 2010.

The movie is based on the incredible true story of Aron Ralston.

The 35-year-old was trapped in an isolated canyon and forced to amputate his own arm as a way to survive.

The inspiring tale captured the public's imagination in 2003 and a film had to be made.

Fortunately Ralston was intimately involved, ensuring that the production accurately represented his experience.

Metro got a chance to speak with Ralston during an appearance at this

year's Toronto International Film Festival where he excitedly discussed the long gestating project.

When asked if he ever imagined this film would be made, Ralston laughed,

"Definitely not. As I was amputating my arm, my only thought and that was, 'wow this is going to be an incredible story to tell my friends.' That was it," he said.

"I didn't think that anyone outside of my circle that would care."

Ralston struggled for years to produce a documentary, but when that proved difficult to finance he happily changed tracks to make a fictional version with *Trainspotting* director Danny Boyle.

"I love how Danny wanted to stay in the canyon and only show my perspective," explained Ralston.

"He presented the story in a very authentic manner so it's truthful even when it's not factual. I've seen it five times now and I still cry for the better part of the second half. I couldn't be happier."

Admirably Ralston has not let his missing arm impede his outdoor activity.

He continues to pursue his passions within reason. "It was really my physical therapy," said Ralston.

"Within a week of being released from the hospital I was trail running up steep mountainsides at 8,000-10,000 ft, climbing, camping and eventually doing ultra marathons and adventure races.

"It became a little bit of an obsession again that I had to deal with because it started leading me down the same path.

"But I'll never give it up entirely."

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Movie review

See it twice 🍿🍿🍿🍿 | See it now 🍿🍿🍿 | Worth watching 🍿🍿 | Yawn 🍿 | Don't bother 🍿

A train ride that goes nowhere

Unstoppable

Genre: Action

Director: Tony Scott

Stars: Denzel Washington, Chris Pine, Rosario Dawson 🍿🍿

How do you make a film about a runaway train exciting? It's a vehicle on a set track that's route is known before it ever loses control. The solution director Tony Scott came up with was to fill the train with generic "hazardous material" and hire a bunch of recognizable actors too look sweaty and stressed in a never-ending series of extreme close-ups. Sure, there are a few scenes where the train crashes into something and makes a pretty explosion, but it's still practically impossible to be thrilled by a speeding train.

Part of the problem is that this is a true story that has been dressed up with so much Hollywood gloss that not a thread of reality remains. Denzel



Washington and Chris "Captain Kirk" Pine aren't believable as working class train workers for a second and when both actors delve into their troubled personal lives with mid-chase monologues the movie grinds to a laughable halt (if only they could have stopped the runaway train with

melodrama). Now, it's not all bad. Tony Scott knows how to make a movie look good and his use of physical effects is a nice nostalgic change of pace from CGI spectacle.

Unfortunately none of that changes the fact that Unstoppable is just one big dumb hollow movie.

● PHIL BROWN

Down Terrace

Genre: Drama

Director: Ben Wheatley

Stars: Robin Hill, Robert Hill, Julia Deakin 🍿🍿🍿

Down Terrace is a hilarious and intriguing kitchen sink black comedy shot in 8 days by first-time British director Ben Wheatley who cut his teeth on viral videos and TV work. A mix of professional and non-experienced actors populate a family of drug dealers and their rotating group of grotesque friends. The tone is odd,



almost like movie that would exist if Mike Leigh were a long lost Coen brother. It certainly feels unlike anything else even if the last act sadly devolves into a series of murders in place of an ac-

tual conclusion. But regardless of any dramatic inconsistencies, this is an impressive piece of DIY filmmaking that establishes Wheatley as a director to watch.

● PHIL BROWN

Monsters

Genre: Action/Drama

Director: Gareth Edwards

Stars: Scoot McNairy, Whitney Able 🍿🍿

Don't let the title fool you — there aren't actually a ton of Monsters in this ambitious but slightly unfulfilling sci-fi thriller. Made on a shoestring budget by effects wunderkind Gareth Edwards, Monsters is essentially a road movie about a young American couple crossing "infected"



Mexico where an enormous octopus-like species has been leaving a wake of destruction. Like District 9, Monsters is intent on selling subtext but its ulterior focus will disappoint fans set more

on spooky sci-fi thrills. As an independent project however, its impressive; when those giant-tentacled space creatures do appear, they're pretty cool.

● STEVE GOW

the social network

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For those without a Metro the forecast calls for "I dunno," with a slight chance of "huhhhh?"

metro
News worth sharing.

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 12 TO THURS., NOV. 18. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

VANCOUVER

OMNIMAX THEATRE SCIENCE WORLD
1455 Quebec St., 604-443-7443

The Human Body (STC) Fri-Sat 11:37-Sun-Thu 11:3
To the Limit (STC) Fri-Sat 12:24-6:8 Sun-Thu 12:24
The Ultimate Wave Tahiti (STC) Fri-Thu 1:5

CN IMAX THEATRE
201-999 Canada Place, 604-682-4629

DUNBAR THEATRE
4555 Dunbar Street, 604-222-2991

Megamind 3D (G) Fri 4:10-7:9-15 Sat-Sun 1:45-4:20-9:15 Mon-Wed 4:10-7:9-15 Thu 1:45-4:20-9:15

FIFTH AVENUE CINEMAS
2110 Burrard Street, 604-734-7469

Conviction (14A) Fri-Tue 1:30-4:20-6:55-9:15 Wed 1:30-4:20-9:15 Thu 1:30-4:20-6:55-9:15
For Colored Girls (14A) Fri-Thu 2:40-7:25-9:55

The Girl Who Kicked the Hornet's Nest (14A) Fri-Thu 1:30-5:45-9:45
Hereafter (PG) Fri-Thu 1:15-4:7-15-9:50
The Social Network (PG) Fri-Thu 1:45-4:10-7:05-9:35

GRANVILLE
855 Granville St., 604-684-4000

Eat Pray Love (PG) Fri-Mon 8 Wed-Thu 8
The Girl Who Played With Fire (18A) Fri 6:40-9:30 Sat-Sun 6:40-9:30 Mon-Thu 5:35-8:20
Inception (PG) Fri 8:05 Sat-Sun 4:10-8:05 Mon-Thu 8:05

It's Kind of a Funny Story (PG) Fri 6:50-9:25 Sat-Sun 4:30-6:50-9:25 Mon-Thu 5:40-8:15
Legend of the Guardians: The Owls of Ga'Hoole (G) Sat-Sun 4:05

Never Let Me Go (PG) Fri 6:55-9:35 Sat 4:20 Sun 4:20-6:55-9:35 Mon-Thu 5:50-8:25
Secretariat (G) Fri 7:40 Sat-Sun 4:25-7:40 Mon-Thu 5:45-8:30

A Touch of Grey (STC) Fri 6:45-9:15 Sat-Sun 4:15-6:45-9:15 Mon-Thu 5:55-8:05

HOLLYWOOD THEATRE
3123 W. Broadway, 604-738-3211
hollywoodtheatre.ca

Going the Distance (14A) Fri 9:20 Sat-Sun 3:20-9:20 Mon 9:20
The Switch (PG) Fri 7:30 Sat-Sun 1:30-7:30 Mon 7:30

Vancouver Serbian Film Festival 2010 (STC) Tue-Thu

OKARIDGE
650 West 41st Ave., 604-263-1944

Megamind (G) Dolby Stereo Digital, No Passes Fri 7:9-30 Dolby Stereo Digital, No Passes Sat-Sun 1:45-4:20-7:9-30 Dolby Stereo Digital, No Passes Mon-Wed 5:7-45 Dolby Stereo Digital, No Passes Thu 1:45-4:20-9:30

Paranormal Activity 2 (STC) DTS Digital Fri 7:15-9:40 DTS Digital Sat-Sun 2:40-7:15-9:40 DTS Digital Mon-Wed 5:20-8:15 DTS Digital Thu 2:40-7:15-9:40

Red (PG) DTS Digital Fri 6:45-9:20 DTS Digital Sat-Sun 1:30-4:10-6:45-9:20 DTS Digital Mon-Wed 5:10-8 DTS Digital Thu 1:30-4:10-6:45-9:20

PACIFIC CINÉMATHEQUE
1131 Howe Street, 604-688-3456
cinematheque.bc.ca

The Balcony (STC) Sat 7 Sun 8:40
Las Hurdes (STC) Mon Wed
Muscle Beach (STC) Fri Sun

Nanoak of the North (STC) Mon 7 Wed 9
No Films Showing Today (STC) Tue
A Portrait of the Artist as a Young Man (STC) Thu 7

Sans Soleil (STC) Mon 8:50 Wed 7
The Savage Eye (STC) Fri 9:15 Sun 7
Tropic of Cancer (STC) Thu 8:50
Ulysses (STC) Fri 6:45 Sat 4:30-8:45 Thu 4:30

PARK THEATRE
3440 Cambie Street, 604-876-2747

Fair Game (PG) Fri 4:7-9:20 Sat-Sun 1:30-4:7-9:20 Mon-Wed 4:7-9:20 Thu 1:30-4:7-9:20

RIDGE THEATRE
3131 Arbutus Street, 604-738-6311

A Film Unfinished (STC) Wed-Thu 4
Red (PG) Fri 4:7-9:20 Sat-Sun 1:30-4:7-9:20 Mon-Thu 4:7-9:20

Vancouver Jewish Film Festival (STC) Wed-Thu

RIO ON BROADWAY
1660 E. Broadway, 604-878-Film
riotheatre.ca

Jackson 3D (14A) Sat-Thu 4:45-7:15-9:30
Life as We Know It (PG) Wed 12
The Matrix (14A) Fri 12

SCOTIABANK THEATRE VANCOUVER
900 Burrard St., 604-630-1407

Bon Jovi: The Circle Tour (STC) Mon 7
Hereafter (PG) Fri-Tue 12:30-3:45-7:10-10:20 Wed 12:30-3:45-10:20

Jackson 3D (14A) Fri-Sun 1:10-4:10-7:50-10:15 Mon 10:25
Life as We Know It (PG) Fri 12:30-3:20-6:40-9:30 Sat 3:20-9:30 Sun-Tue 12:30-3:20-6:40-9:30

Megamind (G) No Passes Fri-Sun 11:45-2:10-4:40-7:10-9:40 No Passes Mon-Wed 1:50-7:40-9:40 No Passes Thu 1:15-2:10-4:40-7:10-9:40

Megamind 3D (G) No Passes Fri-Thu 12:20-3:57-30-10:10
Morning Glory (PG) No Passes Wed-Thu 12:20-3:57-30-10:10

Red (PG) Fri-Thu 12:40-3:40-6:50-9:50
Saw 3D (18A) Fri-Tue 1:20-4:15-7:10-10:10

The Social Network (PG) Fri-Sun 12:10-3:30-7:15-10:30 Mon 12:10-3:30-10:30 Tue-Thu 12:10-3:30-7:15-10:30

The Tempest (STC) Sat 1 Wed 7
The Town (14A) Fri-Tue 12:50-4:7-7:20-10:25 Wed 12:50-4:7-7:20-10:25

Unstoppable (PG) No Passes Sat 6:40

TINSELTON
International Village, 88 West Pender, 3rd floor, 604-606-0799
cinemark.com

Carlos (14A) No Passes Fri-Tue 12:15-3:55-7:05-10:10 No Passes Wed 12:45-3:55-10:10 No Passes Thu 12:45-3:55-7:05-10:10

Conviction (14A) Fri-Tue 2:45-7:25-10:30
Due Date (PG) No Passes Fri-Thu 1:20-2:10-3:50-4:40-6:20-7:10-8:50-9:40 No Passes Fri-Thu 12:40-3:50-8:10-30

Fair Game (PG) No Passes Fri-Thu 2:20-5:740-10:20

The Girl Who Kicked the Hornet's Nest (14A) No Passes Fri-Thu 12:30-2:45-7:10-15
Inside Job (PG) No Passes Fri-Thu 2:40-5:15-7:50-10:25

Nowhere Boy (PG) Fri-Thu 1:50-4:45-7:15-9:45
Paranormal Activity 2 (STC) Fri-Sun 12:35-2:50-5:10-7:30-9:50 Mon-Thu 12:35-1:40-2:50-4:50-5:10-7:30-8:40-9:50

Tamara Drewe (STC) No Passes Fri-Sun 1:45-4:30-7:20-9:55 No Passes Mon 1:45-4:30-9:55 No Passes Tue-Thu 1:45-4:30-7:20-9:55

Vancouver Asian Film Festival 2010 (STC) No Passes Fri 7:30-9:30 No Passes Sat 11:15-3:30-5:45-7:30-9:30 No Passes Sun 1:45-4:7

VANCITY THEATRE
Vancouver International Film Centre
1181 Seymour Street, 604-983-Film
vifc.org

The Father of My Children (STC) Fri 6:30-8:45 Sat 4 Mon 6:30-8:45 Wed-Thu 6:30-8:45

No Films Showing Today (STC) Mon
Sansho the Bailiff (STC) Tue 7:30

VAN EAST CINEMA
2290 Commercial Drive, 604-251-1313
vaneast.com

Listings not available at press time.

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

Alpha and Omega (G) Sat-Sun 1:30-4:20-7:10-9:40

Due Date (PG) No Passes Fri 7:15-9:50 No Passes Sat-Sun 1:50-4:10-7:15-9:50 No Passes Mon-Wed 7:15-9:50 No Passes Thu 1:50-4:10-7:15-9:50

Heart of a Dragon (STC) Fri-Tue 7:35
Hereafter (PG) Fri 8 Sat-Sun 1:20-4:20-8 Mon-Wed 8 Thu 1:20-4:20-8

Morning Glory (PG) Wed 7:35 Thu 1:30-4:7-9:35
Paranormal Activity 2 (STC) Fri 7:30-9:45 Sat-Sun 2:40-30-7:30-9:45 Mon-Thu 7:30-9:45 Thu

2:40-7:30-9:45
Red (PG) Fri 6:40-9:20 Sat-Sun 1:10-4:40-6:40-9:20 Mon-Wed 6:40-9:20 Thu 1:10-4:40-6:40-9:20

Saw 3D (18A) Fri 6:50-9:30 Sat-Sun 1:30-3:50-6:50-9:30 Mon-Wed 6:50-9:30 Thu 1:30-3:50-6:50-9:30

PARK & TILFORD
333 Brookbank Ave., 604-985-3911

The Girl Who Kicked the Hornet's Nest (14A) Fri 6:30-9:30 Sat-Sun 2:60-9:30 Mon-Wed 6:30-9:30 Thu 2:60-9:30

Hedley: Go With The Show - Live in HD (STC) Sun 4
Jackson 3D (14A) Fri 7:10 Sat-Sun 1:40-4:10-7:10 Mon-Wed 7:10 Thu 1:40-4:10-7:10

Megamind (G) No Passes Fri 6:40-9:20 No Passes Sat-Sun 1:40-4:20-6:40-9:20 No Passes Mon-Wed 6:40-9:20 No Passes Thu 1:40-4:20-6:40-9:20

Megamind 3D (G) No Passes Fri 7:15-9:40 No Passes Sat-Sun 1:30-5:15-9:40 No Passes Mon-Wed 7:15-9:40 No Passes Thu 1:30-5:15-9:40

Secretariat (G) Fri 7:10-9:50 Sat 1:20-4:30-7:10-9:50 Sun 1:20-7:10-9:50 Mon-Wed 7:10-9:50 Thu 1:20-4:30-7:10-9:50

The Social Network (PG) Fri 6:50-9:35 Sat-Sun 1:30-4:60-9:35 Mon-Wed 6:50-9:35 Thu 1:30-4:60-9:35

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Due Date (PG) Fri 4:30-7:05-9:35 Sat 1:45-4:30-7:05-9:35 Sun 1:45-4:30-7:05 Mon-Tue 4:30-7:05 Wed 4:30-7:05-9:35 Thu 1:45-4:30-7:05

Megamind (G) No Passes Fri 4:20-9:30 No Passes Sat 1:40-4:20-7:10-9:30 No Passes Sun 1:40-4:20-7:10-9:30 No Passes Mon-Tue 4:20-7:10-9:30 No Passes Wed 4:20-7:10-9:30 No Passes Thu 1:40-4:20-7:10-9:30

Paranormal Activity 2 (STC) Fri 4:35-7:15-9:50 Sat 1:50-4:35-7:15-9:50 Sun 1:50-4:35-7:15 Mon-Tue 4:35-7:15 Wed 4:35-7:15-9:50 Thu 1:50-4:35-7:15

Red (PG) Fri 4:25-7:10-9:45 Sat 1:35-4:25-7:10-9:45 Sun 1:35-4:25-7:10 Mon-Tue 4:25-7:10 Wed 4:25-7:10-9:45 Thu 1:35-4:25-7:10

Saw 3D (18A) Fri 4:40-7:20-9:55 Sat 1:55-4:40-7:20-9:55 Sun 1:55-4:40-7:20 Mon-Tue 4:40-7:20 Wed 4:40-7:20-9:55 Thu 1:55-4:40-7:20

The Social Network (PG) Fri 4:15-6:55-9:40 Sat 1:30-4:15-6:55-9:40 Sun 1:30-4:15-6:55-9:40 Mon-Tue 4:15-6:55 Wed 4:15-6:55-9:40 Thu 1:30-4:15-6:55

SILVERCITY RIVERPORT

14211 Entertainment Way, 604-272-7280

Action Replay (PG) Fri-Thu 12:35-4:705-10:25

Bon Jovi: The Circle Tour (STC) Mon 7
Conviction (14A) Fri 12:55-4:20-7:25-10:05 Sat 12:55-4:20-10:05 Sun-Thu 12:55-4:20-7:25-10:05

Due Date (PG) Fri-Tue 1:15-4:57-7:15-10:10 Sat 12:15-2:45-5:15-7:45-10:45

The Girl Who Kicked the Hornet's Nest (14A) Fri-Thu 12:30-3:50-7:10-10:30
Golmaal 3 (STC) Fri-Thu 12:30-3:40-7:20-10:30
Hereafter (PG) Fri-Thu 12:40-4:05-7:05-10:30

Jackson 3D (14A) Fri-Thu 2:40-7:40-10:40
Legend of the Guardians: The Owls of Ga'Hoole: An IMAX 3D Experience (G) Fri-Thu 1:30-4:15-7:30

Life as We Know It (PG) Fri-Sun 12:50-3:50-6:50-9:40 Mon-Tue 12:50-3:50-6:50-9:40

Megamind (G) No Passes Fri-Thu 1:4-6:30-9 Megamind 3D (G) No Passes Fri-Thu 12:2-3:30-4:30-5:7-7:30-9:45-10:15

Morning Glory (PG) No Passes Wed 12:50-3:50-6:50-10:10 No Passes Thu 12:50-3:50-6:50-10:15

Paranormal Activity 2 (STC) Fri-Thu 2:10-4:55-7:30-10:35
Red (PG) Fri-Thu 1:10-4:10-7:20-10:20

Saw 3D (18A) Fri-Thu 1:25-4:55-7:30-10:35
Secretariat (G) Fri 12:45-3:45-6:55-9:50 Sat 3:45-6:55-9:50 Sun-Thu 1:25-4:55-6:55-9:50

The Social Network (PG) Fri-Thu 1:30-4:30-7:35-10:25
The Tempest (STC) Sat 1 Wed 7

Woe 1:05-4:10-7:10-10:10
The Town (14A) Fri-Tue 1:05-4:05-7:10-10:10 Wed 1:05-4:05-7:10-10:10 Thu 1:05-4:05-7:10-10:10

Unstoppable (PG) No Passes Sat 7:25

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

Legend of the Guardians: The Owls of Ga'Hoole (G) Sat-Sun 1:3-5

Ga'Hoole (G) Sat-Sun 1:3-5
Red (PG) Fri 7:9-30 Sat-Sun 1:3-5-7:9-10 Mon-Thu 7:9-10

Saw 3D (18A) Fri-Thu 7-9

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

Bon Jovi: The Circle Tour (STC) Mon 7
Due Date (PG) Fri-Thu 12:30-2:50-5:20-7:50-10:15

Hereafter (PG) Fri-Sun 12:10-3:30-6:30-9:45 Mon 12:10-3:30-9:45 Tue-Thu 12:10-3:30-6:30-9:45

Jackson 3D (14A) Fri-Thu 12:20-3:45-6:55-9:40
Life as We Know It (PG) Fri-Thu 12:50-4:10-7:10

Megamind (G) No Passes Fri-Thu 12:30-3:35-6:50-9:35
Megamind 3D (G) No Passes Fri-Thu 12:20-3:30-6:50-9:35

Morning Glory (PG) No Passes Wed-Thu 12:50-4:10-7:10
Paranormal Activity 2 (STC) Fri-Tue 1:15-4:20-7:20-10:10

Red (PG) Fri-Thu 12:40-3:40-6:50-9:50
Saw 3D (18A) Fri-Thu 1:30-4:30-7:45-10:15
The Social Network (PG) Fri-Thu 12:25-3:25-6:45-9:45

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Easy A (PG) Fri 4:30-7:30-10:30 Sat 1:30-4:30-7:30-10:30 Sun 1:30-4:30-7:30-10:30 Wed 4:30-7:30-10:30 Thu 1:30-4:30-7:30

Heart of a Dragon (STC) Fri 4:20-7:20-10:20 Sat 1:20-4:20-7:20-10:20 Sun 1:20-4:20-7:20 Mon-Tue 4:20-7:20 Wed 4:20-7:20-10:20 Thu 1:20-4:20-7:20

Legend of the Guardians: The Owls of Ga'Hoole (G) Fri 4:25-7:25-10:25 Sat 1:25-4:25-7:25-10:25 Sun 1:25-4:25-7:25 Mon-Tue 4:25-7:25 Wed 4:25-7:25-10:25 Thu 1:25-4:25-7:25

Let Me In (14A) Fri-Sat 4:15-7:15 Sun-Tue 7:15 Wed 4:15-7:15 Thu 7:15
Score: A Hockey Musical (STC) Fri 7:15 Sat 1:15-7:15 Sun 1:15-4:15 Mon-Tue 4:15 Wed 7:15 Thu 1:15-4:15

Secretariat (G) Fri 4:10-7:10-10:10 Sat 1:10-4:10-7:10-10:10 Sun 1:10-4:10-7:10 Mon-Tue 4:10-7:10 Wed 4:10-7:10-10:10 Thu 1:10-4:10-7:10

The Town (14A) Fri 4:05-7:05-10:05 Sat 1:05-4:05-7:05-10:05 Sun 1:05-4:05-7:05 Mon-Tue 4:05-7:05 Wed 4:05-7:05-10:05 Thu 1:05-4:05-7:05

Wall Street: Money Never Sleeps (PG) Fri 4:40-7:40 Sat 1:4-7:10 Mon-Tue 1:4-7:40 Wed 4:40-7:40 Thu 1:4-7:10

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Alpha and Omega (G) Fri-Tue 12:45-3:25
Conviction (14A) Fri 1:10-4:15-7:20-10:10 Sat 1:10-4:15-10:10 Sun-Thu 1:10-4:15-7:20-10:10

Due Date (PG) Fri-Thu 12:15-4:55-5:15-7:50-10:30 Fri-Tue 12:55-4:05-7:40 Wed 4:05-7:40 Thu 12:55-4:05-7:40 Wed 1

5 movies about TV

Morning Glory reveals the further encroachment of entertainment into news, with Harrison Ford playing an old-school anchor who's forced to co-host a network morning program. Merely the notion of fashion and cooking segments causes him to bristle.

But this theme has been explored several times before — and much more proficiently — throughout the years in movies. Television in general has long been a favoured subject for filmmakers; it's the next best thing to skewering their own industry.

Here are five movies about TV that truly are must-see viewing:

THE ASSOCIATED PRESS



For Richard Crouse's take on movies about TV, go to metronews.ca



A Face in the Crowd

Director Elia Kazan and writer Budd Schulberg were eerily prescient more than 50 years ago in depicting the power of television to make or break a personality, to turn an unknown into a magnetic figure or a megalomaniac — or both simultaneously. In his film debut, Andy Griffith is hugely charismatic as Larry Lonesome Rhodes, a rambling, country-boy drunk with a gift for song. In no time, a star is born, and that star grows into a monster. TV comes calling, then groupies, then politicians.



Network

Long before Broadcast News lamented the softening of TV news, Sidney Lumet probed the same themes, but with a sharper sense of satire. Like Kazan's film, so much of what happens in Network remains so relevant today. Paddy Chayefsky's Oscar-winning script about a newsman gone mad can be over the top, but it also provides a disturbing look at power and desperation. Faye is fierce (and stylish) as the ratings-hungry TV executive who will do anything to keep the numbers up.



Good Night, and Good Luck

In his second film as a director, George Clooney proves he's an unexpected master of timing and suspense. His recreation of pioneering newsmen Edward R. Murrow's on-air battles with Sen. Joseph McCarthy over the senator's 1950s anti-communist crusade is an ambitious marvel of precise vision. Shot in crisp black and white and set in only a few rooms at the CBS News headquarters, it has the spare look and cadence of a play and runs an efficient 90 minutes.



The Truman Show

Twelve years ago, reality television was still relatively in its infancy, but director Peter Weir and writer Andrew Niccol vividly presage the phenomenon of celebrity culture gone wild, and the voyeuristic fascination with learning the most intimate details of a person's private life. Jim Carrey stars as Truman Burbank, a happy-go-lucky insurance salesman who has no idea his entire idyllic life is a television show, and actors playing his wife, friendly neighbours and co-workers.



Tootsie

All the players here are at the top of their game: Dustin Hoffman as notoriously difficult actor Michael Dorsey, who lands a soap opera role by dressing in drag and calling himself Dorothy Michaels; Sydney Pollack, hitting all the right notes as director and providing harsh laughs as Michael's agent; and Teri Garr, Charles Durning and Dabney Coleman, who all stand out in supporting parts. It's slapsticky and absurd, but it also has something to say about gender roles.



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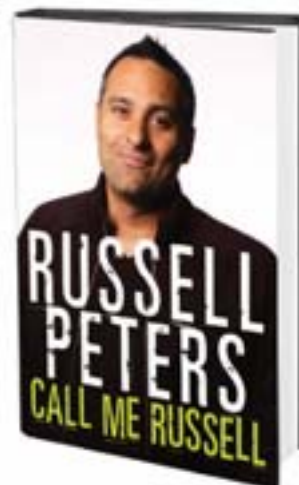
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Avril ready to rock out again

▶ A new album is set for release

Avril Lavigne says her fourth record is set for release after "bureaucratic BS" held it back for a year.

Writing on her MySpace blog, the 26-year-old pop-punker betrayed agitation with her record company, which she felt made the process of crafting her album even more difficult.

"I'm done with my 4th record!!! Well, actually I have been done for a year... and now my record company have finally decided to release it," she wrote in a post on Wednesday. "OMG...How nice! Thanks guys."

"This has been a really difficult record for me to create and to release. Not only is this the most meaningful and special record I have written, it is sincere, honest and close to my heart."

"But for the first time I experienced a bunch of bureaucratic BS."

"People do their best work when they are doing what they want, love and is natural for them, not when you are forcing them to be something that they are not."

Lavigne wrote that she produced tracks for the new record alone for the first time. She says the album includes tracks she wrote solo and with

friends.

"I have pushed myself and I feel proud," she wrote.

The Ontario native's last record was 2007's *The Best Damn Thing*. The Juno-nominated album featured the No. 1 hit *Girlfriend* and went platinum twice in Canada. It also sold well around the world.

But the intervening years have been tumultuous for Lavigne.

She announced her divorce from Sum 41 frontman Deryck Whibley last year and decided to make a management change.

This fourth record has been troublesome, too. It was originally slated for release in fall, 2009.

Later, Lavigne told reporters it would see a June release.

"I know you guys have been waiting for a long time...and so have I, but not by choice," she wrote.

She says the first single from the album is called *What the Hell*.

She's planning on shooting the video in two weeks, aiming at a January release date.

Lavigne wrote that she's also working on her clothing line, *Abbey Dawn*, which she plans to take internationally.

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Dead disgusts and delights

► Show offers uncommon, sympathetic spin on genre



► Actors Steven Yeun, left, and Andrew Lincoln, right, try to blend in with the zombie population on *Walking Dead*, airing Sundays at 10 p.m., EST on AMC.

If you missed *The Walking Dead* last week, you missed a top contender for the most deliciously gross scene in television history.

In a desperate ploy to escape undetected by the zombies crowding downtown Atlanta, Sheriff Rick Grimes decided to fool them with a deathly masquerade. He found a zombie carcass and chopped it up with an axe, then smeared hunks of these goopy remains on his clothing. But he did it with respect. Rick, a man of conscience, first took a moment to mourn the ordinary guy this monster used to be.

Rick's fellow refugee, Glenn, who used to deliver pizza, was no less aghast at Rick's plan than were the viewers.

"If bad ideas were an Olympic event," said

Glenn, "this would take the gold."

But the ruse worked - at least, until a sudden rainstorm outed Rick and Glenn by rinsing off their guts-and-stench disguise. They had to make a run for it.

By turns macabre, suspenseful, poignant and horribly funny, *The Walking Dead* is TV in a class by itself. So maybe it's no wonder that this AMC drama was an instant hit with its premiere Halloween night, drawing more than 5.3 million viewers, followed the next week by an audience nearly as large.

Based on the popular comic book of the same name, *The Walking Dead* depicts the aftermath of a zombie apocalypse confronted by a tattered group of survivors just outside Atlanta.

Principal among them is Rick (played by series star Andrew Lincoln), who, in the series premiere, woke alone in a hospital from a gunshot-wound-induced coma to find the world flipped upside down. His wife and young son were among the missing. He fears they have died.

As one counterintuitive twist, this series must be one of the quietest TV shows on record. Long, meditative stretches target characters trying to make sense of what's befallen them in such a soundless fashion you may think your TV is on the fritz.

Even the zombies, unless provoked, don't make much racket - mostly plaintive hisses and whimperings that can make you ache for them as much as recoil. **THE ASSOCIATED PRESS**

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CONAN O'BRIEN

TV
It looks like Conan O'Brien is getting the last laugh after all. The former Tonight Show host's new show was welcomed by more than 4.1 million viewers in the U.S. when it premiered this week; beating The Daily Show with Jon Stewart, The Colbert Report, and — perhaps fittingly — the Tonight Show with Jay Leno.

MICHAEL JACKSON

MUSIC
He died more than a year ago, but Michael Jackson is still causing controversy. This time, the newest to-do follows the release of a new song, Breaking News, supposedly by the late King of Pop. While Jackson's family is protesting the release, the music company behind it is vouching for its authen-

ticity. The outcome? Likely a lot of sales and downloads.



THE LAST AIRBENDER

DVD
Sure, M. Night Shyamalan's track record at the theatres has turned from gold to tarnished tin, but that is no reason why you shouldn't pick up his latest, The Last Airbender, on DVD or Blu-ray next Tuesday.

CONCRETE WALLPAPER

DECOR
Looking for a way to get that loft-living feel in your suburban bungalow? A company in Norway has created a line of wallpaper designed to look like concrete. Unique and realistic, its line includes the look of polished concrete, exposed bricks, and worn-and-torn exposed texturing. Check it out at concretewall.no.



MASTERS OF CINEMA

FILM
Anyone with a cinephile

on their Holiday shopping list will want to check out Cahiers du cinema's Masters of Cinema collection. The 10 books in the series each concentrate on the career of one of the best known movie makers of our time, including David Lynch, Woody Allen and Francis Ford Coppola. The books each sell for \$11.95.

HARRY POTTER MAGIC EYE

BOOKS
Remember those posters that were popular in the late-'80s and early-'90s; a



repetitive jumble of images that, the more you stared at them the more they turned into a single 3-D photo? Well, the folks responsible for Harry Potter have created their own magic eye book to keep fans of the series spellbound. ● METRO

Mix of Six

Gingerbread competition

Enjoy a myriad of delicious creations at the Gingerbread Competition at the Hellenic Center at 4500 Arbutus St. on Friday from 5 to 10 p.m. and Saturday from 10 a.m. to 3:30 p.m. All proceeds go towards the Make-A-Wish Foundation. Visit gingerbreadcreations.ca for more information.

21st century flea market

Visit the 21st century flea market for your chance to purchase retro and vintage items. The market features 175 different vendors on Sunday from 10 a.m. to 3 p.m. The event takes place at the Croatian Cultural Centre on Commercial Drive and admission is \$4.

Jewish Film Festival

For a real cultural experience, check out the Vancouver Jewish Film Festival which runs until Nov. 18. The festival includes a series of comedies, documentaries, discussions and special screenings. For tickets and information, visit www.vjff.org.

Baker's market

Get your hands on some fresh baked brownies, cupcakes, cookies and so much more at the Baker's Market every Saturday from 11 a.m. to 3 p.m. until Dec. 11 on East Kent Avenue between Fraser and Main streets. Admission and parking are both free. The market also features vegan and gluten-free booths. Visit bakermarket.com for directions.

Art sale

The Emily Carr's legendary student art sale runs Friday to Sunday in the Concourse Gallery on Granville Island. The annual event is an opportunity to purchase original paintings, photographs and sculptures from more than 140 of Emily Carr's upcoming artists and designers.

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Metro pick

OPRAH WINFREY

CELEBRITY
With all the attention she is getting, you have to wonder why she is walking away from her successful show. In the last few weeks, O magazine has claimed headlines with her interviews with George Bush, the Jackson Family and Marie Osmond. Also, she was named the highest earning woman in Hollywood — earning more than the next Top 4 combined. ● METRO



Canadians, meet your humble host

IAN JOHNSTON
SCENE@METRONEWS.CA

Life has changed quite drastically for Glee star Cory Monteith in the past two years. A self-described Canadian "working class actor," Glee's success means Monteith now has to cope with daily paparazzi and ever-present fans. Still, he ain't complaining.

"I went for coffee yesterday and a little car pulled up in front of me and started taking pictures of me, which was fine," says Monteith, who plays Finn Hudson on the dramedy.

"And then I went back to my car and started driving away and I saw the guy running to his car to try and follow me. I just roll with it. It's just part and parcel of what this all is. Making sure my zipper is up when I leave the house is really important."

Part of that newfound fame means Monteith has been tabbed to host this year's Gemini Awards, honouring the best in Cana-

"Making sure my zipper is up when I leave the house is really important."

CORY MONTEITH ON HIS NEWFOUND RELATIONSHIP WITH THE PAPARAZZI

dian television.

"I can't believe I'm part of the show and especially now I'm hosting. What the heck? Presenting is even cool, but I'm the host. It's a tall order."

Monteith credits his years spent as a busy west coast actor on shows like Stargate, Whistler, and Supernatural with preparing him for his recent success.

"Absolutely. It only helped me. I think having cut my teeth doing a lot of stuff back home and figuring out how to act has proven indispensable," says Monteith, who has a few skeletons in his acting closet that may be revealed at the Geminis.

"That's a good idea. I'm absolutely prepared to make fun of myself. So if anyone would like to talk about the funnier or



► Cory Monteith will host the Gemini Awards, Saturday.

dumber things that I've done, I'm game. There's a wolfman movie that comes to mind (Hybrid)."

In its second season, Monteith feels Glee is only now hitting its stride.

► TV star Cory Monteith gleeful about Gemini gig
► Actor says he 'can't believe it'

GETTY IMAGES

Lineup to rock Geminis

The Gemini Awards have pumped up the star wattage, announcing Elvis

Costello, Feist and Ron Sexsmith as its musical performers. Costello, who's nominated for best talk series for his show Spectacle, will perform with Feist, Sexsmith, fiddler Kendel Carson and bassist Barry Bales at the

25th Gemini Awards gala on Saturday. Big nominees heading into the show include CTV's cop drama Flashpoint, CBC's Republic of Doyle and HBO's Winnipeg-based comedy Less Than Kind.

THE CANADIAN PRESS



► Elvis Costello

GETTY IMAGES

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MTV eyes Aniston

► Former Friends star said to be considering new reality show

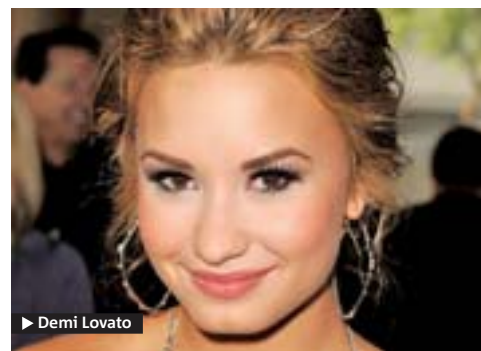
MTV bosses Tony DiSanto and Liz Gateley have reportedly set their sites on Jennifer Aniston as the subject of a new reality series — and the Friends star is said to be considering it, according to Now magazine.

"Tony and Liz are renowned for their skill at making reality shows like The Hills and Jersey Shore. They've been

desperate to work with her but weren't too sure what she'd say. Jen is giving it some thought though," a source says.

"Jen's a really private person, so everyone will want to know the real her. Viewers would kill to see how she goes about her day-to-day life, what she really eats, and get an insight into her love life."

● METRO



► Demi Lovato

Demi's reps deny substance claims

With new reports surfacing alleging Demi Lovato was abusing cocaine and other substances before entering a treatment facility, her reps have come out again to set the record straight. "Demi Lovato is not in treatment for drug or alcohol

addiction," the Disney star's reps say in a statement. "As we have said since she entered treatment last week, Demi decided to seek help for emotional and physical issues she has battled throughout her life."

● METRO

Lawyer says there's no excuse for Sheen's behaviour

Charlie Sheen may have tried to shrug off his recent outburst at a New York hotel as "one bad night," but at least one person isn't excusing his behavior so easily.

"As a celebrity you

seemed to get away with what the typical person without money and power cannot," high-powered attorney Gloria Allred writes in an open letter to Sheen obtained by Radar Online. "I don't think assaulting

and hurting women is funny. I am not one of those standing in line hoping for an interview with you, or an autograph."

● METRO



Talking points

Restraining order for Gaga

PEOPLE Lady Gaga has obtained a restraining order against a passionate New York-based Russian fan who has been sending the singer death threats, according to Hollyscoop. "You come to my dreams. I want to die and I want to die together with you," one letter from Anastasia Obukhova reads.

● METRO

Lohan eyes movie gig

CASTING Lindsay Lohan has been trying to get permission to leave rehab to deal with her next movie gig, her director tells Radar Online. "Lindsay told me that she is working to get a work pass so that she can get out and meet us to discuss the project," says Matthew Wilder.

● METRO

Celebrity tweets



Weird Al
[@Al-yankovic]

Cleaning out my storage locker. I wonder if I should keep all this black mold?



Paula Abdul
[@Paula-Abdul] ...i

heard a pregnant goldfish is supposedly called a "TWIT!"...but goldfish lay eggs & technically don't get pregnant.



John Cho
[@John-TheCho]

Computer animated Thomas the Tank Engine is a bummer.



Sarah Silverman
[@Sarah-KSilverman]

My dog & I are the kind of best friends that do whatever only I want.



Gibson ordered to pay \$60K in child support

Mel Gibson and Oksana Grigorieva's court battle shows no signs of ending, but the Russian singer did rack up one victory this week. A judge ordered Gibson to hand over \$60,000 in unpaid child support,

according to Hollyscoop, as the Oscar winner had been refusing to pay the court-ordered \$20,000 a month to Grigorieva. However, custody of the pair's young daughter still needs to be determined.

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HELPING SELF-DIRECTED INVESTORS SUCCEED

Building and monitoring one's investment portfolio can seem like a daunting task, but the online tools, information and learning resources RBC Direct Investing provides to its self-directed investors allows them to build and manage their portfolio with confidence.

"We're helping individual investors increase their investment knowledge and confidence so they can feel comfortable with their investment decisions," says Michael MacDonald, the head of Business Strategy for RBC Direct Investing.

RBC Direct Investing has a six-step process to help educate clients on investing and to help them become successful investors.

The first step is helping them to establish a goal for their investments.

The second step is to educate them on the different investor profiles and the asset mix that goes with them. "This comes down to risk tolerance," says MacDonald. "How much risk are you willing to take on to get a particular rate of return?"

Understanding investment choices is the third step. This is important because one needs to consider diversification, tax implications and products available.

Building the portfolio and taking action to turn that portfolio into fruition are the next two steps.

The final step is to then monitor the portfolio. This requires ensuring one's investments stay aligned with the appropriate balance because not all of a person's investments will rise or fall at the same rate.

"Consider rebalancing your portfolio at least once a year," says MacDonald. "This is a step most investors fail to recognize, but it's just as critical as the initial establishment of the portfolio."

RBC Direct Investing has tools to help investors do just this.

Tools include a goal setting tool, which lets people know how realistic it is to achieve their goal, an Analyze and Rebalance tool, to help investors identify their portfolio's diversification by asset class, region, sector and holding concentration and there is also a Performance tool, which allows investors to see how their personal rate of return compares to their expectations and against other standard investor portfolios.

MacDonald says the ideal self-directed investor usually has three attributes:

1. A desire to have more control over their investments.
2. Investing knowledge or an interest in developing it.
3. Comfort using the internet and online technologies.

To learn more about RBC Direct Investing, visit rbcdirectinvesting.com



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Gain experience investing online with a risk-free Practice Account.

With **RBC Direct Investing™**, you can learn the ropes of self-directed investing with your very own Practice Account. Start with \$100,000 in "practice money" and invest within a fully integrated online environment. It's a risk-free and smart way to test your investment knowledge.

More to build your long-term plan – and your confidence.
RBC Direct Investing offers you more to manage your investments, including:

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- Access to your portfolio any time, when it's most convenient to you.

\$100,000 in "practice money" to help you get started.

Open a Practice Account at rbcdirectinvesting.com/experience



PRACTICE MAKES PERFECT

For potential investors not quite ready to make the leap into investing, RBC Direct Investing has a solution. It's called a Practice Account and it allows people to work with \$100,000 of practice money to gain experience and understanding of the investment process without incurring any risk.

"If you're a new investor, the Practice Account is a great way to get started," says Michael MacDonald, the head of Business Strategy for RBC Direct Investing.

The Practice Account is open to any RBC Direct Investing and RBC Royal Bank online banking client.

For more information about RBC Direct Investing, visit rbcdirectinvesting.com

Go wild for mushroom soup

► Soup is a perfect lunch or dinner option for the cold winter days ahead ► Step it up a notch by adding porcini mushrooms and ground walnuts to traditional mushroom soup



► Wild Mushroom Soup

Ingredients:

- 30 ml (2 tbsp) butter
- 750 g (1 1/2 lbs) wild and white mushrooms
- 60 g (2 oz) dried porcini mushrooms, reconstituted
- 250 ml (1 cup) ground

walnuts

- 1/2 onion, diced
- 2 cloves garlic, minced
- 2 celery stalks, diced
- 2 bay leaves
- 50 ml (1/4 cup) flour
- 1.5 l (6 cups) hot chicken or vegetable broth

- 75 ml (1/3 cup) sherry
- 30 ml (2 tbsp) fresh thyme
- 250 ml (1 cup) whipping cream
- Salt and pepper, to taste
- Sautéed mushrooms and/or crumbled blue cheese, for garnish

Wild mushrooms and walnuts add earthy flavour to this warming soup. This rich and luscious dish is an enticing change from the traditional mushroom soup. Porcini mushrooms and ground walnuts offer an earthy contrast to the mild broth.

Wild Mushroom Soup Preparation:

1 To reconstitute dried porcini mushrooms: Follow directions on the package. Or combine porcini and 375 ml (1 1/2 cups) boiling water in medium bowl. Let stand until porcini softens, 15 to 20 minutes. Remove porcini from water and chop coarsely.

2 In a large, heavy-bottomed stock pot on high heat, melt butter. Add mushrooms, walnuts, onion, garlic, celery and bay leaves, and saute until lightly browned (5 to 10 minutes). Reduce heat to medium, stir in flour

and cook for another 2 minutes. Stirring constantly, slowly add hot broth and sherry and bring to a boil.

3 Let simmer for 20 minutes and remove bay leaves.

4 Remove from heat and, using an immersion blender, pulse until mushrooms are nearly pureed or until desired consistency.

5 Return to heat, bring to a boil and add thyme and cream. Stir to combine. Garnish with sautéed wild mushrooms and/or crumbled blue cheese, if desired, and serve. Makes six servings.

Nutritional information per serving: 376 calories, 12 g protein, 27 g fat (12 g saturated fat), 22 g carbohydrates, 6 g fibre, 61 mg cholesterol, 1188 mg sodium.

THE CANADIAN PRESS

Meatless made easy

Vegetarianism is hardly a new culinary concept as more Canadians embrace its diversity and obvious health benefits.

"With the sheer number and variety of vegetables available now and the styles and recipes from around the world, we are seeing more meatless dishes on our tables," says Alison Kent, special publications food editor with Canadian Living magazine.

To celebrate the fact that vegetarian meals have

become mainstream, the magazine has produced Canadian Living: The Vegetarian Collection: Creative Meat-Free Dishes That Nourish & Inspire (Transcontinental Books, \$22.95, paperback).

Kent, a trained chef, was assisted by the magazine's test kitchen staff to offer a description of each vegetarian type, from vegan and lacto-vegetarian to flexitarian.

Kent says the recipes are mainly seasonless, al-

though there are some wonderful fall and winter soups, risottos and roasted root vegetables as well as squash dishes and curries.

"Eating locally in winter is difficult," she says, "but between choosing hot house, frozen and root vegetables, it is possible."

The recipes are organized into eight food categories, including grains, pulses and beans, pasta, soy products, seeds and nuts, eggs and cheese, vegetables. THE CANADIAN PRESS



3

life

Superfood



Tamarind pulp is eaten to promote good digestion and is a good source of fibre.

It contains a high level of vitamin C for a strong immune system, helping ward off colds and suppressing fever. The fruit pulp is also a great source of antioxidants, a natural defense against cancer. • METRO



Microwave popcorn bags may contain harmful chemicals, says new study.

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4

sports

Quoted



"Actually, the many times I've been up for it, I appreciate it more now... where I'm at in my career."

MONTREAL QB

ANTHONY CALVILLO, ON BEING THE EAST DIVISION NOMINEE FOR THE LEAGUE'S OUTSTANDING PLAYER AWARD FOR THE THIRD STRAIGHT YEAR

Canucks roll over Senators

► Kesler scores twice as Vancouver bounces back from loss in Montreal

6 2

CANUCKS

SENATORS

Ryan Kesler scored a pair of goals Thursday as the Vancouver Canucks returned to their winning ways with a 6-2 victory over the Ottawa Senators.

Kesler beat Senators goaltender Pascal Leclaire from close range with the scored tied 1-1 midway through the second period, then added another during Vancouver's four-goal third.

The Canucks had a six-game win streak stopped Tuesday night in Montreal to open their five-game road trip.

Daniel Sedin, Alex Burrows and Tanner Glass each had a goal and an assist for Vancouver (9-4-2), while Mario Bliznak added his first NHL goal.

Henrik Sedin added a pair of assists as Canucks coach Alain Vigneault recorded his 300th career victory. He's the 39th coach in NHL history to



► Vancouver's Mario Bliznak celebrates his first NHL goal as Pascal Leclaire looks on.

reach that mark.

Roberto Luongo finished with 33 saves, allowing goals to Peter Regin and Sergei Gonchar as the Senators (8-7-1) had their four-game winning streak snapped.

Regin also added an as-

sist.

Leclaire, starting for the first time in a month in place of Brian Elliott, made 27 stops and is still looking for his first win of the season at 0-3-1.

Ottawa was coming off Tuesday's 5-2 win over the

Atlanta Thrashers, its sixth triumph in the past seven games.

Leclaire hadn't played in exactly four weeks since suffering a groin injury early in a game against the Carolina Hurricanes. **THE CANADIAN PRESS**

Banks takes shot at Riders QB

Never afraid to stir the pot, B.C. Lions defensive back Korey Banks had his spoon in hand this week.

Banks dripped with sarcasm when asked about Saskatchewan Roughriders quarterback Darian Durant, who the Lions will face in Sunday's CFL West semifinal (TSN, 1:30 p.m. PT).

"Darian is the MVP of the league," Banks said after a Lions' practice. "He's going to be great. He always is going to be great."

"We just have to let him know how great he is. We'll have to contain him. He's the best in the world, Darian. He's the greatest right now."

The Riders wrapped up second place in the West with a 10-8 record but lost four of their last five games. The Lions took the final playoff spot, finishing 8-10 despite starting the season 1-7.

To make the playoffs, the Lions had to win their final game of the season against Hamilton, then needed Saskatchewan to defeat Edmonton.

Banks has no doubt the Riders will be favourites to advance into the West final against Calgary.

"They have nothing to worry about," he said.

"We're the last-place team."

"We crawled in. They have all the momentum. I guess we are just happy to be here." **THE CANADIAN PRESS**

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100 FEET UNDERWATER?"**

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	16	12	4	0	0	57	40	24	8-1-0	4-3-0	8-2-0-0	W6
d-Philadelphia	16	10	4	2	0	53	35	22	6-3-0	4-1-2	8-1-1-0	W1
d-Montreal	16	10	5	1	0	39	34	21	4-3-1-0	6-2-0	7-3-0-0	W2
Tampa Bay	15	8	5	2	0	46	45	18	4-1-1-0	4-4-1-0	4-4-2-0	L1
Boston	13	8	4	0	1	41	27	17	2-3-0-1	6-1-0-0	6-3-0-1	L1
Ottawa	16	8	7	1	0	43	48	17	5-4-0-0	3-3-1-0	7-3-0-0	W1
NY Rangers	16	8	7	1	0	44	44	17	3-5-1-0	5-2-0-0	5-5-0-0	W1
Atlanta	16	7	6	1	2	51	57	17	3-3-0-1	4-3-1-1	4-3-1-2	W1

Carolina	16	8	8	0	0	50	53	16	4-3-0-0	4-5-0-0	5-5-0-0	L1
Pittsburgh	16	7	8	1	0	47	46	15	2-5-0-0	5-3-1-0	4-5-1-0	L1
Toronto	15	5	7	1	2	32	42	13	3-3-1-1	2-4-0-1	1-7-0-2	L7
Buffalo	17	5	9	3	0	44	55	13	0-6-1-0	5-3-1-0	3-5-2-0	L1
Florida	13	6	7	0	0	40	34	12	4-2-0-0	2-5-0-0	5-5-0-0	W1
NY Islanders	16	4	9	1	2	36	53	11	2-2-0-1	2-7-1-1	1-8-0-1	L9
New Jersey	16	4	10	1	1	29	53	10	0-6-1-0	4-5-0-0	3-6-0-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	14	11	3	0	0	42	27	22	7-0-0-0	4-3-0-0	8-2-0-0	W5
d-Detroit	14	10	3	0	1	48	36	21	6-1-0-1	4-2-0-0	7-2-1-0	W2
d-Vancouver	15	9	4	0	2	46	36	20	6-0-0-1	3-4-0-1	7-2-0-1	W1
St. Louis	14	9	2	1	2	35	29	21	6-0-0-1	3-2-1-1	7-1-1-1	L2
Anaheim	17	9	7	0	1	44	52	19	6-1-0-1	3-6-0-0	7-3-0-0	W5
Columbus	14	9	5	0	0	40	33	18	5-4-0-0	4-1-0-0	7-3-0-0	W1
Chicago	18	8	9	1	0	51	53	17	4-5-0-0	4-2-1-0	3-7-0-0	L2

Dallas	14	8	6	0	0	44	40	16	5-3-0-0	3-3-0-0	4-6-0-0	L2
San Jose	14	7	4	3	0	38	34	16	4-2-2-0	3-6-0-0	6-3-1-0	W1
Minnesota	14	7	5	0	2	33	35	16	5-3-0-1	2-2-0-1	6-3-0-1	L1
Colorado	14	7	6	1	0	47	46	15	3-4-0-0	4-2-1-0	4-5-1-0	L1
Nashville	14	6	5	3	0	34	40	15	2-1-3-0	4-4-0-0	3-5-2-0	W1
Phoenix	15	5	5	4	1	37	56	15	2-2-2-1	3-3-2-0	3-3-3-1	W1
Calgary	14	7	7	0	0	39	40	14	4-4-0-0	3-3-0-0	5-5-0-0	W1
Edmonton	14	4	8	0	2	37	54	10	2-4-0-0	2-4-0-2	2-6-0-2	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Montreal 3 Boston 1

N.Y. Rangers 3 Buffalo 2 (OT)

Washington 6 Tampa Bay 3

Philadelphia 8 Carolina 1

Atlanta 5 Minnesota 1

Detroit 6 Edmonton 2

Vancouver 6 Ottawa 2

Nashville 3 St. Louis 2 (SO)

Los Angeles 3 Dallas 1

San Jose 2 N.Y. Islanders 1 (SO)

Wednesday's results

Florida 4 Toronto 1

Anaheim 1 N.Y. Islanders 0

Boston 7 Pittsburgh 4

Buffalo 5 New Jersey 4 (SO)

Columbus 8 St. Louis 1

Phoenix 2 Chicago 1

Tonight's games

(All times Eastern)

Edmonton at New Jersey, 7 p.m.

Tampa Bay at Pittsburgh, 7 p.m.

Colorado at Columbus, 7 p.m.

Minnesota at Florida, 7:30 p.m.

Calgary at Phoenix, 9 p.m.

Dallas at Anaheim, 10 p.m.

RED WINGS 6, OILERS 2

First Period

1. Detroit, V.Filipula 4 (Hudler, Lidstrom) 7:29

2. Detroit, Holmstrom 4 (Datsyuk, Zetterberg) 13:29

3. Detroit, Cleary 5 (Bertuzzi, Modano) 17:39

Penalty — Modano Det (hooking) 8:37.

Second Period

4. Detroit, Cleary 6 (Bertuzzi) 2:18

5. Detroit, Franzen 7 (Kronwall, V.Filipula) 17:03 (pp)

Penalties — Abdelkader Det (hooking) 10:21,

Cogliano Edm (high-sticking) 15:22, Stuart

Det (high-sticking) 19:02.

Third Period

6. Edmonton, Penner 6 (Hemsky, Foster) :58

(pp)

7. Detroit, Holmstrom 5 (Zetterberg, Salei) 16:40

8. Edmonton, Peckham 1 (Gagner, Eberle) 16:45

Penalties — None.

Missed Penalty Shot — Modano Det; 5:22 of

second.

Shots

Edmonton 10 8 7 25

Detroit 13 14 7 34

Goal — Edmonton: Khabibulin (L,4-8-1); De-

troit: Howard (W,8-1-1).

Power plays (goals-chances) — Edmonton: 1-

3; Detroit: 1-1.

Att. — 20,066 (20,066) at Detroit.

CANUCKS 6, SENATORS 2

First Period

1. Vancouver, D. Sedin 10 (H. Sedin, Burrows)

0:22

2. Ottawa, Regis 1 (Kovalev, Campoli) 3:27

Penalties — Bieksa Vcr (elbowing) 8:46, Rypien

Vcr, Neil Ott (unsportsmanlike) 17:24.

Second Period

3. Vancouver, Kesler 6 (Hansen) 11:20

Penalties — Samuelsson Vcr (tripping) 1:13,

Rypien Vcr, Carkner Ott (fighting) 3:52, Ruutu

Ott (roughing) 7:42, Rypien Vcr, Neil Ott

(fighting) 13:01.

Third Period

4. Vancouver, Burrows 1 (D. Sedin, H. Sedin)

0:33

5. Vancouver, Kesler 7 (Samuelsson, Ray-

mond) 1:11

6. Vancouver, Glass 1 (Alberts, Rypien) 11:03

7. Vancouver, Bliznak 1 (Glass, Ehrhoff) 16:36

8. Ottawa, Gonchar 4 (Regis) 16:48

Penalties — Alberts Vcr (interference) 6:09,

Burrows Vcr (interference), Kelly Ott (high-

sticking) 16:18, Rome Vcr, Michalek Ott (un-

sportsmanlike) 16:48.

Shots

Vancouver 11 12 10 33

Ottawa 12 12 11 35

Goal — Vancouver: Luongo (W,6-4-2); Ottawa:

Leclaire (L,0-3-1). Power plays (goals-

chances) — Vancouver: 0-1; Ottawa: 0-3.

Att. — 19,191 (19,153) at Ottawa.

SCORING LEADERS

	G	A	PT
Stamkos, TB	13	11	24
Crosby, Pgh	10	12	22
Ovechkin, Wash	8	12	20
Selanne, Ana	7	11	18
Getzlaf, Ana	6	12	18
Richards, Dal	6	12	18

Not including last night's games

GOLF

CHILDREN'S MIRACLE
NETWORK CLASSIC

At Lake Buena Vista, Fla.

Par 72

Partial First Round (Note: play suspended

by darkness. Fifteen players did not com-

plete the round:

Magnolia Course (m) and the par 72, 7,010-

yard Palm Course (p)

Chris Stroud

Roland Thatcher

Rickie Fowler

Jerry Kelly

Cameron Percy

Tim Herron

Brendan Pappas

Jeff Quinney

Rory Sabbatini

Chris Tidland

Brian Gay

Charles Warren

Robert Garrigus

Wendy Woody

Woody Austin

Brett Wetterich

Fred Funk

Chris DiMarco

Justin Leonard

Tom Pernice, Jr.

David Lutterus

Matt Eversy

Charles Howell III

Spencer Levin

D.J. Trahan

Kevin Johnson

Brett Quigley

Rich Beem

Troy Merritt

Jay Williamson

Vijay Singh

Pat Perez

Aron Price

Greg Owen

Lee Janzen

Michael Letzig

John Senden

Mark Wilson

John Mallingier

Derek Lamely

Briny Baird

Sean O'Hair

Johnson Wagner

34-31—65

31-34—65

32-33—65

34-33—67

31-36—67

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NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	7	2	.778	—
New Jersey	3	5	.375	3½
New York	3	5	.375	3½
Philadelphia	2	6	.250	4½
Toronto	1	7	.125	5½

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	5	2	.714	—
Atlanta	6	3	.667	—
Miami	5	4	.556	1
Washington	2	4	.333	2½
Charlotte	2	6	.250	3½

CENTRAL DIVISION

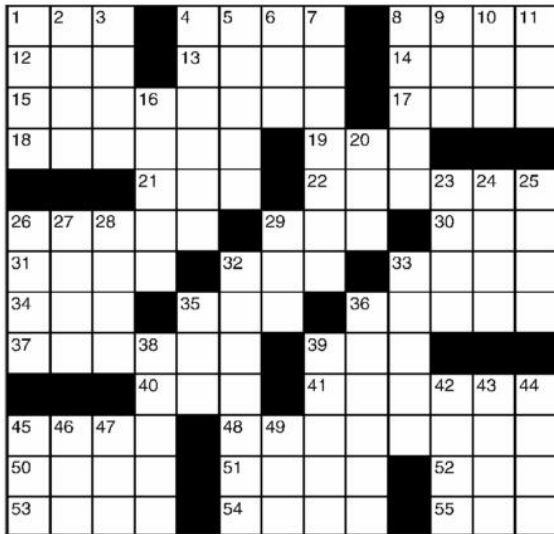
Crossword

Across

1 Broom closet item
4 Radar screen noise
8 Campus area, for short
12 Big bother
13 Green land
14 Incite
15 Humongous
17 Carbon compound
18 Poor substitute
19 Under the weather
21 Youngster
22 Massachusetts, long ago
26 Harridan
29 Send quickly
30 Princess' insomnia cause
31 Equal
32 Fellows
33 Desirable engine sound
34 Before
35 Purchase
36 Bad lighting?
37 Rainbow selection
39 Judge Lance
40 — tai
41 Tailor's tool
45 Pump, e.g.
48 South American nation
50 Undesirable engine sound
51 Throat clearer
52 Wapiti
53 On the briny
54 Misplace
55 Ball-bearing item

Down

1 Spiked club
2 Stench
3 D.C. bigwigs
4 Give
5 "Hungaria" composer
6 401(k) alternative
7 Louisiana bird
8 Pacify
9 Grecian vessel
10 Past
11 Md. neighbor
16 Western
20 Bagel topping
23 Numbered composition
24 Pianist Peter
25 Tall tale
26 Detail, for short
27 Long lunch?



3 D.C. bigwigs
4 Give
5 "Hungaria" composer
6 401(k) alternative
7 Louisiana bird
8 Pacify
9 Grecian vessel
10 Past
11 Md. neighbor
16 Western
20 Bagel topping
23 Numbered composition
24 Pianist Peter
25 Tall tale
26 Detail, for short
27 Long lunch?

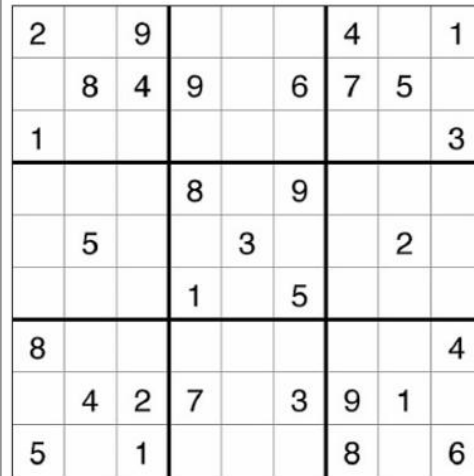
28 Film holder
29 "30 Rock" cast member
32 Broadway offering
33 Introductory matter
35 Auto-front protector
36 In
38 Last letter
39 "Rizzoli & —"
42 Help shadily
43 Anger
44 Benefit
45 Masseur's workplace
46 Part of H.R.H., sometimes

47 Indivisible
49 Discoverer's cry

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Babe happy birthday! The life I have with you in is much better than what I had before. Thank you for joining my life. I LOVE you so much. XOXO YOUR LITTLE DEVIL. JX

Jay-Bee, my best friend whom I love<3! we've been friends for the longest time and our dads even new each other before we were even born! amazing! im glad your in my life and im always there for you no matter what! be ready because we have more missions and memories hehe!! R.V

Peter, I just want to tell everyone that I am soooo in love with you make so happy in so many ways. You are so sweet to me I love you so much happy 1st anniversary sweetie pie LOVE ALWAYS PATRICIA

Today's horoscope

♈ Aries March 21-April 20 You will meet some interesting people on your travels today and at least one of them is destined to play a major role in your life over the next six months, and maybe longer.

♉ Taurus April 21-May 21 It may seem as if others are conspiring to stop you moving in the direction you want to go but are they really or is your own mind sabotaging your efforts?

♊ Gemini May 22-June 21 If you are as smart as you think you are you will see the futility of trying too hard.

♋ Cancer June 22-July 22 The softer side of your nature will shine through today. You may

look tough to the world at large but that's merely your hard outer shell — underneath you are more vulnerable than most people realize

♌ Leo July 23-Aug. 23 Sit back, close your eyes and imagine where you would most like to be and what you would most like to be doing by this time next year.

♍ Virgo Aug. 24-Sept. 22 Life does not have to be a battle. You don't have to fight for success. The Sun in the communications area of your chart makes it easy for you to charm your way to the top. Get busy making new friends today.

♎ Libra Sept. 23-Oct. 23 Don't waste too much time trying to

For today's crossword answers and for expanded horoscopes, go to metronews.ca

figure out why something went wrong. Just pick yourself up and try something else.

♏ Scorpio Oct. 24-Nov. 22 So many of the things you are worrying about bear little or no relation to reality, so stop thinking about them because that gives them power.

♐ Sagittarius Nov. 23-Dec. 21 If you need to kiss and make up, if you need to make amends, now is the time. Also, if you are having second thoughts about travel plans there is still time to put them on hold.

♑ Capricorn Dec. 22-Jan. 20 As usual you are working too hard and as usual you think the way to get ahead is to

work even harder. Big mistake!

♒ Aquarius Jan. 21-Feb. 18 Forget about the little things that have gone wrong in your life and focus on the big things that have gone right. So you're not as rich and successful as you would like to be? So what!

♓ Pisces Feb. 19-March 20 Make the most of the favorable cosmic climate to push ahead with a creative or artistic project you hope will impress enough important people to get you recognized. Everyone has a special talent. Yours can make you extra money.

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Caption contest



"Stop clowning around and Kiss Me"

PETER DAWSON

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